



OCTOBER 2022

JAPAN REGION: K-5 BREAKFAST

❶ Pork Free Menu Item
❷ Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday
-3- ❶ Sausage Slider Fruit Juice Milk	-4- Waffles Scrambled Eggs Fruit Juice Milk	-5- ❶ All American Breakfast Fruit Juice Milk	-6- Yogurt Smoothie CinnaRoll Sliders Fruit Juice Milk	-7- ❷ Pork Sausage Gravy & Biscuit Fruit Juice Milk
-10- ❶ Ham & Cheese Bagel Fruit Juice Milk	-11- Waffles ❶ Sausage Patty Fruit Juice Milk	-12- Breakfast Frittata Fruit Juice Milk	-13- Yogurt Smoothie ❶ Pancake Sausage Bites Fruit Juice Milk	-14- ❶ Monte Cristo Sandwich Fruit Juice Milk
-17- ❶ Sausage Biscuit Fruit Juice Milk	-18- ❶ Ham & Cheese Roll Up Variety Muffin Fruit Juice Milk	-19- ❶ All American Breakfast w/Sausage Fruit Juice Milk	-20- Yogurt Smoothie French Toast Bites Fruit Juice Milk	-21- ❶ Breakfast Taco Fruit Juice Milk
-24- ❶ Sausage Slider Fruit Juice Milk	-25- Waffles Scrambled Eggs Fruit Juice Milk	-26- ❶ All American Breakfast Fruit Juice Milk	-27- Yogurt Smoothie CinnaRoll Sliders Fruit Juice Milk	-28- Donut w/ ❶ Sausage Patty Fruit Juice Milk
-31- ❶ Ham & Cheese Bagel Cereal Fruit Juice Milk	<div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <p style="color: red; margin: 0;">FOOD ALLERGIES or SPECIAL DIETS:</p> <p style="font-size: small;">Modifications can be made to safeguard the well-being of our students. See cafeteria supervisor for more information.</p> </div> <div style="width: 30%; text-align: center;"> <p style="color: green; margin: 0;"><u>Breakfast</u></p> <p style="font-size: x-small;">Students: All Grades Full Price \$2.00 Reduced Price \$0.30 Non-Student \$4.25 Breakfast Plus \$1.50</p> </div> <div style="width: 30%; text-align: center;"> <p style="color: blue; margin: 0;"><u>MEAL PRICES</u></p> <p style="font-size: x-small;">Students: Full Price Elementary \$3.50 Secondary \$3.75</p> </div> <div style="width: 20%; text-align: center;"> <p style="color: blue; margin: 0;"><u>Lunch</u></p> <p style="font-size: x-small;">Reduced Price K-12 \$0.40 Non-Student \$7.50 Lunch Plus K-12 \$2.25</p> </div> </div>			

Substitutions may occur based on product availability. Please consult your school directly for the most up-to-date menu.

This institution is an Equal Opportunity Provider



OCTOBER 2022

JAPAN REGION: K-5 LUNCH

1 Pork Free Menu Item
2 Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center; margin: 0;">-3-</p> <p>Chicken Mega Minis w/Cornbread OR <u>Beef Tenders w/Brown Gravy & Cornbread OR</u> Fajita Chicken Salad w/Tortilla Chips (V Avail.) Seasoned Corn Celery/Carrot Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-4-</p> <p>Spaghetti & ●Meatsauce OR <u>Spaghetti w/Marinara (V) OR</u> Chicken Veggie Dumplings Italian Green Beans Caprese Side Salad Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-5-</p> <p><u>Cheese Pizza OR</u> ●Pepperoni Pizza OR Mediterranean Hummus Chicken Wrap Seasoned Broccoli Cucumber Coins Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-6-</p> <p><u>Beefy Alfredo & Rice OR</u> Chicken Curry & Rice OR Manager's Choice Salad + Grain (V) Cherry Tomato Dippers Seasoned Peas and Carrots Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-7-</p> <p>Chicken & Waffles OR ●Monte Cristo Sandwich OR Chef Salad (V Avail) w/Pretzel Bites (SS-Chicken Tenders) Sweet Potato Fries Baked Beans Fruit Choice of Milk</p>
<p style="text-align: center; margin: 0;">-10-</p> <p>BBQ Chicken Wings w/Cornbread OR Broccoli Cheese Soup w/Veggie Wrap (V) OR <u>Hawaiian Chicken Wrap</u> Green Apple Slaw Honey Glazed Carrots Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-11-</p> <p>Cheeseburger Mac w/Dinner Roll OR <u>Macaroni & Cheese (V) w/Dinner Roll OR</u> Market Salad w/Pretzel Bites (V) Dark Green Side Salad Christmas Veggies Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-12-</p> <p>Chicken Tacos OR Beef Tacos OR Cheese Quesadilla (V) Ranchero Beans Elote Corn Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-13-</p> <p><u>Sweet & Sour Chicken w/Rice OR</u> ●Mini Corn Dog OR Manager's Choice Salad + Grain (V) Seasoned Broccoli Pickled Cucumbers Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-14-</p> <p><u>Hamburger OR Cheeseburger OR</u> Grilled Chicken Sandwich OR Southwest Salad w/Chips (V) Ranch Fries Bell Pepper Strips Seasonal Fruit Choice of Milk</p>
<p style="text-align: center; margin: 0;">-17-</p> <p>Chicken Tenders w/Dinner Roll OR Hummus Salad Bowl (V) & Pretzel Dippers OR <u>Chicken Veggie Dumplings</u> Celery Dippers Cherry Tomato Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-18-</p> <p>Chicken Alfredo w/Garlic Baguette OR Alfredo Mac (V) w/Garlic Baguette OR ●BBQ Joe Baked Beans Italian Green Beans Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-19-</p> <p><u>Cheese Pizza (V) OR</u> Manager's Choice Pizza OR ●Cold Cut Sandwich Parmesan Broccoli Fresh Carrot Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-20-</p> <p>Chicken PoBoy w/Rooster Sauce OR Cheesy Breadsticks w/Marinara (V) OR ●Mini Corn Dogs Dark Green Side Salad Ranch Fries Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-21-</p> <p>BBQ Chicken Sandwich OR Beef Tender Sandwich OR Chicken Tender Salad w/Cornbread (SS-Beef Tenders w/Gravy) Seasoned Corn Sweet Potato Fries Seasonal Fruit Choice of Milk</p>
<p style="text-align: center; margin: 0;">-24-</p> <p>Sweet Sour Chicken Wings w/Confetti Rice OR Cheesy Breadsticks w/Marinara (V) OR Manager's Choice Salad + Grain (V) (SS-Chicken Tenders w/Confetti Rice) Seasoned Green Peas Fresh Carrot Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-25-</p> <p>●Rose Spaghetti w/Meatballs OR Rose Spaghetti (V) w/Dinner Roll OR Market Salad w/Slider Roll (V Avail) (SS-●Rose Spaghetti w/Meatsauce) Roasted Broccoli Vinaigrette Slaw Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-26-</p> <p>Chicken Nachos OR <u>Beef Nachos OR</u> Cheese Nachos (V) Ranchero Beans Dark Green Side Salad Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-27-</p> <p><u>Chicken Nuggets w/Biscuit OR</u> Waffle, Egg & Cheese Sandwich OR ●Sausage & Egg Biscuit Cucumber Coins Cherry Tomato Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-28-</p> <p>Patty Melt OR Chicken Veggie Dumplings OR <u>Broccoli Cheese Soup w/Veggie Wrap (V)</u> Oven Fries Savory Green Peas Fruit Choice of Milk</p>
<p style="text-align: center; margin: 0;">-31-</p> <p>Grilled Cheese Sandwich (V) OR Beef Tenders w/Brown Gravy & Cornbread OR Chef Salad w/Cornbread (V Avail) Honey Glazed Carrots Sweet Pea Salad Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;"><u>FOOD ALLERGIES</u> <u>or SPECIAL DIETS:</u> Modifications can be made to safeguard the well-being of our students. See cafeteria supervisor for more information.</p>			
<p style="text-align: center; margin: 0;"><u>Breakfast</u> Students: All Grades Non-Student \$4.25 Full Price \$2.00 Breakfast Plus \$1.50 Reduced Price \$0.30</p>		<p style="text-align: center; margin: 0;"><u>MEAL PRICES</u> <u>Lunch</u> Students: Full Price Elementary \$3.50 Secondary \$3.75</p>		<p style="text-align: center; margin: 0;">Reduced Price K-12 \$0.40 Non-Student \$7.50 Lunch Plus K-12 \$2.25</p>
<p><u>VEGETARIAN SALAD OPTION AVAILABLE DAILY</u></p>			<p><u>SureStart menu items are underlined each day</u></p>	

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